

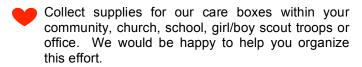
# **CARE PACKAGES FOR OUR SOLDIERS**



## A Project from the Heart

We are retired police wives and other concerned Connecticut citizens who package and mail "WE CARE" boxes to our armed forces in Afghanistan. Over 12,000 packages have been sent since 2001.

Your help would be greatly appreciated in any of the following ways:



Assist us with postage by sending a check to:
PROJECT FROM THE HEART- HSC
c/o Shirley Sambrook
314 Shoreham Village Drive
Fairfield, CT 06825

**Please note the <u>SIZES</u> specified**. Large size and heavier items cannot be accepted since the increase in size and weight significantly increases the cost of postage.

#### Please NO GLASS items due to breakage concerns.

For more information and/or to add a name and address of a soldier to our recipient list, please contact:

Miriam Zalenski 203.261.8550 biqred722@sbcqlobal.net Shirley Sambrook 203.259.5903 shirlqirl1106@optonline.net Shirley Petrino 203.374.8617

#### **THANK YOU!**

Elsie Voros, Darlene Bagley, Donna D'Addario, Mary Lou Edwards, Betty Gunter, Shirley Petrino, Pat Richard, Shirley Sambrook, and Miriam Zalenski.

Debra Mahony, Valerie Mocarski, Lisa Potanovich, Rosemary Romano, and Norine Zalenski.

In memory of Pat Vida, Dottie Szudora, Chris Sullivan, Gene Krusinski, and Alex Fucci.



#### **Items Needed**

#### Food:

Beef Jerky Slim Jims **Sunflower Seeds** Tuna with Crackers Tuna in pouches Crackers, boxes of wrapped stacks Plastic jar of Peanut Butter, 8 oz. or less Plastic jar of Jelly, 22 oz. or less Oatmeal, box individual pocks Hot Chocolate, box individual pocks Cereal, individual small boxes Coffee, 12 oz. can or sealed bag Protein bar/Energy bars Cookies, small boxed Gum/Hard Candy **Drink Mixes** Canned Vienna Sausages,\* 4.6 oz. Canned beans or with franks,\* 8.3 oz. Canned fruit/fruit cocktails,\* 8.5 oz.

#### **Hygiene Products:**

Toothpaste, 6.4 oz. or less
Dental Floss
Chap stick
Disposable razors
Shaving Cream, 10 oz. or less
Body Wash, 13.5 oz. or less
Stick Deodorant
Hand sanitizer wipes
Q-Tips, 180 count or less
Nail clippers
Bathroom tissue
Feminine Hygiene maxi pads, 26 or less
Tampons, 36 count or less
Hypoallergenic Baby Wipes, non-alcohol, soft pack, 80 count or less

Toothbrushes, single or 2-4 pack

### Other:

Vitamins

Sunscreen, non-aerosol SPF 30 or 50 (May - August)

Insect Repellent, non-aerosol (May - August)

Hand/foot wormers (October - February) Writing paper/envelopes/pens Laundry detergent - PODs

<sup>\*</sup> Flip top cans please